Think you know self-hypnosis? The topic of self-hypnosis is ubiquitous in self-help literature and among hypnosis and hypnotherapy professionals. Yet, following publication of the first ever systematic literature review and meta-analysis of clinical applications of self-hypnosis to be published in a peer reviewed journal in 2018, it became evident that there are major methodological differences when it comes to self-hypnosis within the literature and some potentially quite controversial findings were unearthed.

This workshop is the culmination of 23 years of personal and professional experience combined with the most modern body of research being conducted in University laboratories in the world today. You'll learn the science and research informed protocol used by the most successful real-life experience. However, his work places a great deal of importance in evidence-based practice and solid scientific principles. Adam became the first person to write a systematic review and statistical meta-analysis of the efficacy of clinical applications of self-hypnosis to feature in a peer-reviewed academic journal (Clinical applications of self-hypnosis: A systematic review and meta-analysis of randomized controlled trials, The Psychology of Consciousness, 2018). He has been the first person to study the application of self-hypnosis to inhibit the Stroop effect, an area of great interest to the field of cognitive neuroscience. His ongoing research continues to examine the efficacy of self-hypnosis for a range of applications including advancing muscular strength and cardio-respiratory endurance. He is author of The Science of Self-Hypnosis: The Evidence-Based Way To Hypnotise Yourself and Hypnosis For Running and broadcasts one of the most highly respected and popular hypnosis podcasts in the world. He runs a variety of classroom based and online training courses at his Anglo European College of Therapeutic Hypnosis.

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